

If this is Qa'adah Akhira (Qa'adah of the last rakat) then, After 'Tashahhud' recite 'Darood-e-Ebrahim' and 'Dua-e-Masurah' or else stand up for the next rakat after 'Tashahhud'

Darood-e-Ebrahim

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلٰى
اِبْرَاهِيْمَ وَعَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ ط
اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلٰى
اِبْرَاهِيْمَ وَعَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ ط

Allahumma salli 'ala Sayyidina Muhammadin wa 'ala ali Muhammadin Kama Sallayta 'ala Ibrahima wa 'ala ali Ibrahima Innaka Hamidun majid

Allahumma barik 'ala Muhammadin wa 'ala ali Muhammadin Kama Barkata 'ala Ibrahima wa 'ala ali Ibrahima Innaka Hamidun Majid

O Allah! send mercy on Muhammad(pbuh) and his family as You sent mercy on Ebrahim and his family Truly You are the Praise worthy and Glorious

O Allah, bless Muhammad and his family as You blessed Ebrahim and his family Truly You are the Praise worthy and Glorious

Dua-e-Masurah*

اَللّٰهُمَّ اِنِّى ظَلَمْتُ نَفْسِى ظُلْمًا كَثِيْرًا وَلَا يَغْفِرُ
الدُّنُوْبَ اِلَّا اَنْتَ فَاعْفِرْ لِيْ مَغْفِرَةً مِّنْ عِنْدِكَ
وَارْحَمْنِىْ اِنَّكَ اَنْتَ الْغَفُوْرُ الرَّحِيْمُ ط

Allahuma inni zalamtu nafsi zulman kaseer-an wala yaghfiruz-zunooba illa anta faghfirli maghfiratam min 'indika warhamni, innaka antal ghafoor-ur rahim.

'O Allah I have been extremely unjust to myself and none grants forgiveness against sins but You, forgive me, with the forgiveness that comes from You and have Mercy, upon me. Verily You are the Forgiver, the Merciful.'

***Note:** Apart from this you can also recite any other dua-e-Masurah you may know